



ALITIMES



September 30, 2005

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It's always 1 to 6; it's always 15 to 20; it's always 5, but it's never 21 unless it's flying. What is it?

Got that one, then...

What happened in 1961 that will not happen again for more than 4,000 years?



DEPARTMENT OF THE AIR FORCE
OFFICE OF THE CHIEF OF STAFF
WASHINGTON, DC

2 September 2005

To the Airmen of the United States Air Force,

We are a Nation at war. Today marks the 1,426th day we've been fighting Operation ENDURING FREEDOM. World War II lasted 1,347 days. We've now been fighting the Global War on Terror for 2½ months longer than World War II. From the day DESERT STORM kicked off, January 17th 1991, the Air Force has been in continuous combat. For 14 years our enemies have shot at us and for 14 years we've returned the favor. But no matter how long the road, we must never lose our focus on winning this fight.

Today, we are engaged more than ever ... from across the globe to here at home. From taking the fight to the enemy in Iraq; to rebuilding lives in the wake of hurricane Katrina; to controlling satellites on the other side of the world; to fighting forest fires in the Rockies; to patrolling the skies over America – you can be proud of the work your Air Force is doing to protect our country. I'm incredibly proud to be a member of an Air Force family that has over 106,000 Airmen assigned or deployed in 64 countries, on every continent, and in every time zone throughout the world.

We have handled each and every task brought before us with lethal efficiency, because of you. It is an honor to work and fight alongside you in service to our Republic. The 684,000 active, Reserve, Guard, and civilians of the United States Air Force are truly a total force. We stand alongside our Army, Navy, Marine Corps, Coast Guard, and Merchant Marine brethren ready to answer the Nation's call. We fight together. We triumph together. Our promise to the joint team is that as Airmen we will always be the best in the world at what we do: dominating Air and Space from 1 inch above the ground to 100,000 miles above the earth.

Today, we have three major challenges facing our Air Force. First and foremost is accomplishing the combatant tasks the President and Secretary of Defense assign. The tasks will be ones we've done before and ones we've never undertaken. Second, we must preserve that which makes us the most feared air force in the world – our people. Our culture of excellence must continue to develop Airmen ... Airmen who are the most adaptable, most skilled, most professional, and most lethal the world has ever known. Third, we face the difficult task of operating the oldest inventory in the history of the United States Air Force. My senior leadership will work to break this vicious cycle. I need you, our Airmen on the line, to continue making the mission happen.

As we work towards a more secure, more peaceful tomorrow ... look around. Behind us you'll see a proud, rich heritage. And in front of us is a limitless horizon. So let's push it up, go to work and make the mission happen.



T. MICHAEL MOSELEY
General, USAF
Chief of Staff

Out and about: Comm

Col. Don Palandech,
407th Air Expeditionary Group commander, visits Team Ali.



Photo by Tech. Sgt. Paul Dean

Airman 1st Class Lauren Barker, deployed from Spangdahlem AB, Germany, describes the capabilities of an air to ground communication radio to Col. Don Palandech..

It seems the number of shops in the 407th Expeditionary Communications Squadron outnumbers those at the Mall of America, the largest indoor mall we have back home.

My Sept. 28 visit with the comm folks gave me a chance to go in many of these shops and see some fantastic technology that's being brought to this fight. Better yet, I met the people who understand how to use, fix and apply the technology in innovative ways. It seemed funny that with all they have going on they all smile all the time—and I

don't think it was just because I was there to visit them. I think it was a mark of their deep pride in what they do for the mission and each of us.

Not a day goes by that each of us isn't relying on something from comm to do *our* job. From the Giant Voice attack warnings to airfield radar, checking e-mail, to watching AFN, making a DSN call, or mailing a letter at the post office, these guys and gals are deep into our everyday lives.

Their work is sometime invisible because it's taken for granted—most of us only know the people at the help desk because we did something odd to our computer—but there's obviously a lot more to comm than that.

I met Airmen and civilians stationed stateside and in Europe, many of them who are here for return trips: "Big Country" in the CE shop, imbedded with comm., is on his fifth outing! Now that's something to work toward.

So say hello to the people who will be running the wires and hooking up the phones in your tents over the next couple of weeks. Say hello to the photo and video people at the awards ceremony today. Smile at the Airmen when you drop off your package to mail. They're all comm folks—and they bring a heck of a lot to this fight.

Please take a moment...

I hope you've taken the time to read the letter from Chief of Staff Gen. Michael Moseley on Page 2 of the *Ali Times*.

It's important in many ways. First off it lets all of us here know that our top leaders really care about us and what we're doing. The Global War on Terror has outlasted World War II as the general notes, and we continue to take the fight to the enemy with as much gusto as day one.

The letter is also important to us here at Ali Base because it talks about unity. What better place to be a part of a unified team than here. We have coalition forces along with our sister services all working toward a common goal. Our work here is built on the unity that General Moseley believes to be so critical.

Most of all we need to live up to the faith the general has in us, today's Airmen. We are, and always will be, the very best at what we do.

This is another chance for us to prove it to the world.

Front Page photo



Capt. Tony Martin, 777th Expeditionary Airlift Squadron medical clinic orthopedic physician assistant evaluates a patient in the expanded base clinic. The complete story is on Page 4.

Photo by Tech. Sgt. Paul Dean



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Engineering better health

By Tech. Sgt. Paul Dean

407th Air Expeditionary Group Public Affairs

THE magazine selection hasn't changed but everything else about the 777th Expeditionary Airlift Squadron medical clinic here has.

Fifteen Airmen from several occupational specialties came together Sept. 29 to double the clinic's work space. Patients now have more privacy during screenings and treatment; there's now a clinic waiting area; and the 6-person clinic staff isn't tripping over each other during sick call hours.

"It was a truly amazing effort," said Lt. Col. (Dr.) Anthony Ghim, 777th Expeditionary Airlift Squadron flight surgeon deployed from the 37th Airlift Squadron, Ramstein Air Base, Germany. "Civil engineering carpenters, electricians, air conditioner technicians, heavy equipment operators and communications technicians all came together to make this happen."

Before Sept. 29 the clinic was housed in one expandable storage container, similar to what's commonly known as a CONEX; there was an adjacent ESC for supplies. The two are now attached: the original ESC is used as the administrative and waiting room — the newly acquired space is dedicated to evaluation and treatment.

The expanded size of the clinic has really improved the way service is given said Senior Airman Dora Sherrill, 777th EAS clinic medical technician deployed from the 118th Medical Squadron, Tennessee Air National Guard, Nashville, Tenn. The flow of patients is much smoother with more seats available in a larger sitting area, Airmen out processing for redeployment can be taken care of much faster and sick call is more organized.

"Patients have remarked: 'Wow!'" said Capt. Tony Martin, an orthopedic physician assistant deployed from the 111th Fighter Wing, Pennsylvania Air National

Continued next page:

CLINIC

407th ECES brings boxes together, expands clinic



PHOTO'S (top down):

Leveling jacks for permanent placement of the ESC, photo by Staff Sgt. Eric McCoy; Lowering the floor panel and vertical wall that supports the roof and ties the side walls, by Senior Airman Dora Sherrill; customers Senior Master Sgt. Glen Saxon (uniform) and Master Sgt. Timothy Vollmerhausen spread out in the waiting area as Senior Airman Dora Sherrill takes care of administrative tasks, by Tech. Sgt. Paul Dean; the clinic staff (from back left to front right) Staff Sgt. Eric McCoy, Senior Master Sgt. Martin Ellis, Capt. Tony Martin, Senior Airman Dora Sherrill, Lt. Col. (Dr.) Anthony Ghim, Senior Master Sgt. Jimmy Rogers, by Tech. Sgt. Paul Dean.

OCTOBER 3RD TO 9TH IS FIRE PREVENTION WEEK

The most common fire hazards in Bedrock:

No smoke detector; inoperable smoke detector; no air horn; room dividers made of plastic or vinyl; rear exits blocked or obstructed; decorative (Christmas) lights inside tents; piggybacking surge protectors; two-prong (no ground) extension cords - permanent use of extension cords; micro-waves, coffee pots inside tents or on porches; fire extinguisher missing, inaccessible or unserviceable; back of tent tied closed from outside.

Contact Staff Sgt. Joshua Hueffmeier, assistant chief of fire prevention, at 445-2079 for fire safety issues.

CLINIC From page 4:

Guard, Willow Grove Air Reserve Station, Pa.. "If [patients and Airmen out processing] had been here before and seen what it was like they're amazed to see the change. I tell them that it was all done so that we can serve them better."

Added privacy seems to be the most welcome feature of the expansion according to the clinic staff. The clinic treats a broad range of patients: male and female Airmen along with the Iraqi Air Force members who live, work and train here.

"Iraqi's are customarily perhaps a little more modest [than American's]," Colonel Ghim said, therefore, the added privacy is more comfortable for both care givers and patients.

The expansion project involved the combined efforts of four groups within the civil engineer squadron here: heavy equipment, structures, electrical and heating, ventilation and air conditioning.

"We brought the dirt boys — the heavy equipment guys — electricians, some structures guys to take care of the walkways, and HVAC," said Tech. Sgt. Don Lucy, 407th Expeditionary Civil Engineer Squadron Heating, Ventilation and Air Conditioning journeyman deployed from the 60th Civil Engineer Squadron, Travis Air Force Base, Calif. "We all worked together and everything went real smooth."

Sergeant Lucy gives most of the credit to Tech. Sgt. Ray Urbina, 407th ECES structures shop assistant NCOIC, also deployed from the 60th CES.

"In my opinion they played the biggest role in this and deserve most of the credit," Sergeant Lucy

said of Sergeant Urbina.

Sergeant Urbina, tempers Sergeant Lucy's accolades.

"I'm passing the kudos down the talented people in my shop. They hit the ground running and have been a cohesive team from the start," said Sergeant Lucy.

Master Sgt. John Gaskill, 407th ECES NCOIC of electrical systems also deployed from the 60th CES, coordinated and planned the civil engineer involvement in the project, which he said totaled about 100 man hours.

"We had a little pow-wow, made sure everybody knew their part and went to town," Sergeant Gaskill said. "It's really great what a bunch of CE's can get done. We're just thrilled that we could be a part of making medical service better for everybody here."

And the added room came none too soon Captain Martin said.

The clinic staff will soon be responsible for administering the post-deployment health assessment to redeploying Airmen and now has space to accommodate the five computers that will be used to take the online survey.

In less than an afternoon of work the task is complete — there are no loose ends to tie up. Ali Base has a bigger clinic: the civil engineers are proud to have played the role of facilitator and the medical staff is ready to serve the Airmen here more efficiently and in a more comfortable setting.

Clinic sick call hours are Monday through Friday from 8 to 11 a.m. and from 6:30 to 8 p.m.; Saturday from 8 to 11 a.m. For more information, call 445-2267. For emergencies, call 911.

Showing off the goods

By Col Donald M. Palandech

407th Air Expeditionary Group Commander

Team Ali was honored with a visit by Gen. Ronald E. Keys, the new Commander of Air Combat Command Sept. 25. Accompanying General Keys was Brig. Gen. Blair E. Hansen, 9th AF/CV and Deputy Commander of U.S. Central Command Air Forces, CENTAF. All air operations in the theater are tasked through CENTAF. CENTAF reports directly to ACC.

General Keys took command of ACC in May of this year. He visited the air bases in Southwest Asia to get at firsthand look at all of the operations CENTAF is conducting. This will enhance his knowledge of all the units he commands, and help him understand any issues his units may have.

During his time with the 407 AEG, we had the opportunity to show General Keys the strong way we are doing the mission. His tour began at the security forces squadron's combined defense operations center, where he learned how we work together with the U.S. Army hosts and the Italian military to ensure a secure operating environment for both our people living here and

the aircraft flying to and from Ali Base. Next he traveled to the 777 Expeditionary Airlift Squadron and the Iraqi Air Force's 23rd Squadron (Transport) to see first hand our C-130 operations, and how we train the Iraqis to fly and maintain C-130 aircraft. General Keys commented that he was very pleased to see the successes we are having. At his previous position of deputy chief of staff for air and space operations, he led the Air Force's initial setup of this program. We wrapped up the visit with a firsthand look at our aerial port operations and exceptional job the logistics readiness squadron does performing the seemingly endless task maintaining vehicles in this austere environment.

Generals Keys and Hansen's visit was a great success. Each gave insights as to the importance of the 407 AEG in the Global War on Terror. We showed them the first class way we conduct combat operations. My thanks to all of you for the professional way you do your duty, it showed at every turn. Additionally, thanks goes to all who help put the visit together!



Photo by Airman 1st Class Jennifer Haas

Master Sgt. Vince Fannin, advisory support team supply instructor, 777th Expeditionary Airlift Squadron, deployed here from the 347th Logistics Readiness Squadron, Moody AFB, Ga., directs the attention of Air Combat Commander General Ronald E. Keys during a tour of the 777th Expeditionary Airlift Squadron's aircraft maintenance facility here Sept. 25. 407th Air Expeditionary Group commander Col. Don Palandech is to the right of the general; Tech. Sgt. Roxanne Porter is to his left; General Hansen is in back.

“Ya like dags?”

German shepherds sniff for trouble

By Tech. Sgt. Paul Dean

407th Air Expeditionary Group Public Affairs

Ori had a couple of different handlers while his first one was off the job for a couple of years. But they're back together now and sniffing out trouble at one of the entry check points here.

Ori and his handler, Staff Sgt. Tyreese McAllister, 407th Expeditionary Security Forces Squadron, aren't the only K-9 team on base. On this day another team, Kevin [the dog] and Staff Sgt. Jake Bolton, also a 407th ESFS K-9 handler, were helping with the work. In addition, other K-9 teams were scattered around base checking off all kinds of security tasks.

Sergeant McAllister is deployed here from the 1st Security Forces Squadron, Langley Air Force Base, Va. Sergeant Bolton is deployed here from the 509th Security Forces Squadron, Whiteman Air Force Base, Mo. The dogs came from the same place as their handlers.

The K-9 teams assigned to the 407th ESFS are integral to securing the base and helping facilitate the successful coalition missions that are undertaken here.

Using K-9 teams security forces is able to add an irreplaceable dimension of security to the base. The trained

handlers guide their dogs expertly around dozens of vehicles each day as both use their senses to communicate to the other. The Airmen who handle the dogs rely on human training to lead the dogs to areas for inspection; the dogs use heightened and trained scent senses to complete the investigation and communicate any suspicions. The dialogue between handler and dog is unmistakable.

Sergeant Bolton has been with Kevin since May 2003 and has mixed feelings about his

Continued next page:

K-9

Howlin' at the heat... (from left) Staff Sgt. Tyreese McAllister, Ori, Staff Sgt. Jake Bolton and Kevin.



Photo by Tech. Sgt. Paul Dean

Integral!



Photo by Airman 1st Class Jennifer Haas

General Ronald E. Keyes, Air Combat Command commander talks to Senior Airman Jose Santiago during the general's visit here Sept. 25. Airman Santiago is deployed from the 435th Readiness Squadron, Ramstein AB, Germany and is assigned to the 407th Expeditionary Logistics Readiness Squadron.

K-9 From page 7:

eventual return to duty at Whiteman.

"I should be sewing on [technical sergeant] when I get back. That means my K-9 duty will have to end," Sergeant Bolton said. Many security forces units transition K-9 handlers into positions with greater responsibility when they're promoted to E-6.

"But I've known people who'd rather pass up a promotion and stay with their dog," Sergeant McAllister said.

Sergeant Bolton doubts he would pass up promotion, in which case Kevin will go on to work with another handler.

"[The dogs] deal with the changes pretty well," Sergeant McAllister said. "After a couple of weeks with a new handler—learning how they sound out commands—things are fine."

Ori had a few handlers while Sergeant McAllister was incapacitated, but the getting to know you again phase went smoothly.

"He acted a little funny at first, but within a couple of weeks it was as if we were never apart,"

Sergeant McAllister said.

Regardless of any time apart, the two move around a vehicle as if each is reading the others' mind.

K-9 dogs go to technical school at Lackland Air Force Base, Texas. Training lasts eight to 12 weeks (depending on the dog) according to Sergeants McAllister and Bolton, and then they train with their handler for a couple of weeks before the team is ready to work.

"You really develop a bond over time," Sergeant Bolton said of his K-9 experience.

Unfortunately, he doesn't have the option of taking Kevin with him if he loses his K-9 billet.

"The dogs work until they're 10 or 12, or until they just decide 'I don't want to work anymore,'" he said. The dogs transition to new handlers as Airmen move on or until they self-retire.

K-9 handlers have preference in the adoption process at the end of a dog's Air Force career.

So as the daily traffic flows onto Ali Base, Ori, Kevin and the other K-9s will keep doing their part to make sure missions can be undertaken successfully.

Network user responsibilities

Excerpt from the Ali Base Network User's Guide

Submitted by Senior Airman
Melanie Mulvey

407th Expeditionary Communications Squadron

All military, government, and contracted employees of Ali Base are responsible for protecting system resources within their control or possession. As an authorized user on the local area network, you agree to certain guidelines that serve to protect your data, equipment, and the integrity of the overall network. Your part in protecting Ali Base system resources is known as "user level security." The following are some examples of user level security:

- Identify yourself to the network using system-prompted usernames and passwords. Passwords are protected by screen "masking" (e.g., asterisks appear instead of the characters you type) at login and the passwords are encrypted prior to transmission on the network cable. Never give your password to anyone and never write down your password. If you are ever asked for your password, contact your computer systems administrator immediately.

- Never enter, process, or store data classified higher than *sensitive but unclassified* (SBU) on the LAN.

- Ensure unclassified workstations, monitors, and printers in a mixed environment (both classified and unclassified processing area) are correctly labeled with *unclassified* stickers (Standard Form 710, 1-87) and all classified equipment is labeled with *classified* stickers (Standard Form 707, 1-87).

- Your workstation personal computer must be secured every time you leave your work area. Locking your workstation keeps unauthorized users off of it. If you will be away for an extended period of time—1 hour or more—you should log off the workstation.

- It's mandatory that your password screensaver is activated and set to no more than fifteen minutes.

- Log off your computer at the end of every workday.

- Ensure you have completed a DoD Computer System Users Memorandum of Understanding before gaining access to the LAN.

- Never attempt to circumvent or defeat security or auditing systems.

- Never attempt to modify or alter operating systems or configurations without obtaining approval.

- Never attempt to install, copy, store, or use unauthorized software.

- Ensure copies of software and licenses are reported to your CSA before they are loaded. This will ensure software management records remain current and software use agreements are not violated.



Photo by Tech. Sgt. Paul Dean

The 407th Expeditionary Communications Squadron Information Assurance Office is staffed by (from left) Senior Airman Melanie Mulvey, Tech. Sgt. Christopher Nyberg and Staff Sgt. D.J. Williams. The IA office is at 445-2635.

- Never attempt to troubleshoot or perform maintenance on workstations. No user should ever open the case of a computer.

- Always notify your CSA prior to relocating any computer equipment or peripherals.

- Be knowledgeable of all applicable security policies.

Information Assurance Tip of the Week

Ensure all phones and portable electronic communication devices such as cellular, PDA, LMR, and facsimiles are labeled with DD Form 2056, Telephone Monitoring Notification Decal, in accordance with AFI 33-219 Telecommunications Monitoring and Assessment Program. For telephones with secure voice capability that can be used in the unsecure mode, such as Secure Terminal Equipment, Voice-Over IP, etc., remove the words "Do not discuss classified information" from the form. Each phone also requires an AF Form 440, Bomb Threat Aid. Contact your CSA or the information assurance office if you do not have these for your phone.

An occasional survey of Bedrock residents about this and that...

Ali Speaks

What do you hope to accomplish during your deployment to Ali Base?

"At the end of my deployment I hope to have helped create a workcenter that can be passed down to all of the rotations that follow us. I want to make sure that people that follow me can get right to work without having to worry about organizing things.

I also want to test the limits of my personal versatility."

—Airman 1st Class **Felicia Magnine**, 407th Expeditionary Communications Squadron (via Spangdahlem AB, Germany)



Airman 1st Class Felicia Magnine

"I'm here to give something back to the people of Iraq and to help build a conciliatory relationship that crosses all lines: ethnic, religious and ideological. Down the road I want my children to visit Baghdad to meet the friends of the friends of those I make here now."

—Staff Sgt. **Alexis Sherman**, 407th Expeditionary Civil Engineer Squadron (via Grand Forks AFB, N.D.)



Staff Sgt. Alexis Sherman

"While I'm here I want to save some money for college and also do some studying for school and for [staff sergeant].

I really want to get involved in the programs that go off base to help people; I really want to feel good because I was able to help."

—Airman 1st Class **Barbara Blessing**, 407th Expeditionary Services Squadron (via Dyess AFB, Texas)



Airman 1st Class Barbara Blessing

"I want to make sure things are left better than when I got here. I'm a Guardsman and volunteered because I wanted an opportunity to see if I could do anything to help—to ensure that others returned safely."

—Senior Master Sgt. **Martin Ellis**, 777th Expeditionary Airlift Squadron (via 106 RQW, Westhampton Beach, New York)



Senior Master Sgt. Martin Ellis

"I want to get better at my job. I'm a C-130 loadmaster and want to learn as much as I can here.

This is an opportunity to move a lot of people and cargo around and to contribute a lot to the mission. I'm also looking forward to working with all of the [coalition partners] and meeting different people."

—Airman 1st Class **Sandra Brazell**, 777th Expeditionary Airlift Squadron (via Ramstein AB)



One of many layers—

407th ESFS controls, contains, communicates

By Tech. Sgt. Paul Dean

407th Air Expeditionary Group Public Affairs

IT'S NOT EASY getting on this base, and that's the way it should be. Around-the-clock missions in support of Operation Iraqi Freedom are spearheaded from here thanks to the multiple layers of protection provided by the 407th Expeditionary Security Forces Squadron. Visitors to Ali Base arriving by road quickly find out that entry isn't easy — regardless of who or what's in the vehicle.

These layers of protection — the stopgaps preventing access to the enemy — are made up of security forces Airmen who draw on training, past experience and common sense to make sure every driver and vehicle allowed on base is authorized and cleared. Their

tools include persistence, attention to detail and dedication. These Airmen provide the base with unparalleled security, while simultaneously

learning about themselves and others.

The security forces Airmen protecting the base have become the face of America to a large part of the local population. And these same Airmen have come to respect and learn from those coming to the gate.

"I'm going to go home with a lot more patience and better people skills," said Senior Airman Jacob Mendow, 407th ESFS security forces Airman, who deployed from the 721st Security Forces Squadron, Cheyenne Mountain Air Force Station, Colo. "If nothing else, just the patience you have to have because of the language issue has taught me a lot," he added.

Airman Mendow is part of a screening team that inspects dozens of vehicles each day. The duty has exposed him to a lot of things he wasn't expecting from this deployment. "A lot of what we do is the day-to-day stuff like back in the states, but some of the things we see stick in your head and make this duty tough on you as a person."

There's a lot of poverty outside the gates of Ali Base, and it's a level far below what many

"I know from what I've seen and done here that the people really want our help and appreciate what we're doing for them."

—Senior Airman Neil White

Americans see, said Airman Mendow and fellow 407th ESFS security forces team member Senior Airman Neil White. Airman White is also deployed from

the 721st SFS.

"This experience really makes me appreciate what I have at home. I know from what I've seen and done here that the people really want our help and appreciate what we're doing for them," Airman White said.

The human component is a large part of the security mission at Ali Base; however, the Airmen performing vehicle and driver screening are well aware of their first priority: the safety and security of the base.

As these Airmen go about their business of security it's not uncommon for poverty to show its face by way of a truck driver delivering supplies.

"A lot of the drivers coming to the base have all kinds of stuff in their trucks, Airman White said. "They live in the trucks, for some of them it's all they have."

Countless missions originate at Ali Base, and each successful one is in part the result of base security. Each success is a reminder that the 407th ESFS is able to secure the base, build strengthening relationships with the local population and put the "people part" in balance with what has to be done.



Photo by Tech. Sgt. Paul Dean

Thorough checks of vehicles and drivers make Ali Base as safe as possible for conducting coalition missions. Senior Airman Neil White takes care of part of the process.



Low power is leaving us in the dark at night

Rumor

There are too many things and too many people here for the generators to keep up with. We'll have to walk around in the dark every night if we want air conditioners (and soon heaters) running in the tents at night.

Fact

Yes, there are many nights when Bedrock's outside lights are turned off, but this is usually a base security measure, not an electrical problem.

Regardless of whether the lights are out because of a power failure or as a threat response (real or training) the key is to be safe.

If you are outside at night and the lights are out please be careful. Make sure you are wearing either the official Air Force PT uniform or a reflective belt with your DCUs.

If the lights are out you should assume that it is in response to a genuine threat. If you are using a flashlight, keep it pointed toward the ground and only use it when necessary.

I realize these are sometimes challenging conditions to live in, but we must all stick together and watch out for each other.

This rumor was addressed by 407th Air Expeditionary Group superintendent Chief Master Sgt. Cynthia Davis.

Heard a rumor?

Don't speculate. Get the facts by e-mailing the Ali.Times@tlab.centaf.af.mil or call Chief Master Sgt. Cynthia Davis, 407th Air Expeditionary Group superintendent at 445-2027.

Did you see a photographer out and about?
For your viewing and sharing pleasure...
V:\Shared\Photographs\AEF 7&8

407th AEG Warrior of the Week



Photo by Airman 1st Class Jennifer Haas

Airman 1st Class Michael R. Proulx

Unit:

407th Expeditionary Security Forces Squadron

Duty title:

Security response team leader

Home station:

110th Security Forces Squadron, Michigan Air National Guard, Battle Creek, Mich.

Why other warriors say he's a warrior:

"Airman Proulx loves his job and is eager to learn all aspects of his career field. He is sharp, knowledgeable and always makes a good first impression.

—Master Sgt. Brian Cottrill, Alpha sector flight chief

Most memorable Air Force experience:

Conducting patrols in the Iraqi desert.

Hobbies:

Sports and work

Ramadan and Islam

By Chaplain (Lt. Col.) Joseph Vu

407th Air Expeditionary Group Chaplain

We are approaching one of the holiest times of the year in Islam: The Fast of Ramadan, which begins with the sighting of a new moon by a Muslim holy man (an Imam) in the ninth month of the Islamic calendar. Ramadan ends with the sighting of the next new moon by an Imam.

Because the lunar calendar is about eleven days shorter than the solar calendar, Islamic holidays move each year. Ramadan will begin Oct. 4 this year.

Ramadan is the month of blessing for more than a billion Muslims around the world and is marked by prayer, fasting and charity. Muslims believe that during the month of Ramadan, Allah revealed the first verses of the Quran to the Prophet Mohammed [PBUH] (peace be upon him).

One night a voice called to Mohammed from the night sky. It was the angel Gabriel, who told him that he had been chosen to receive the word of Allah. In the days that followed, Mohammed found himself speaking the verses that would be transcribed as the Holy Quran.

Muslims recite about one 30th of the Quran in prayers each night during Ramadan. This is called *Tarawih*, and results in a complete reading of the scripture by the end of the holy month.

Muslims also practice *Sawm*, or fasting, for the entire month of Ramadan. They don't eat or drink anything while the sun shines (including water.) Fasting is one of the Five Pillars of Islam and all able Muslims take part in sawm from about age twelve.

The Five Pillars of Islam are (1) Profession of faith in Allah; (2) Prayer, 5 times each day; (3) The paying of Alms; (4) Fasting; and (5) A pilgrimage to Mecca once in a lifetime (during the month of Zul Hijjah) for those who are able.

During Ramadan in the Muslim world,

families get up early for *Suhoor*, a meal eaten before the sun rises. After the sun sets, the fast is broken with a meal known as *Iftar*, which usually begins with dates and sweet drinks that provide a quick energy boost.

Fasting serves many purposes: it's an opportunity to practice self-control, to cleanse the body and mind, and to share blessings by feeding the poor.

Ramadan ends with the festival of Eid al-Fitr, or "the Breaking the Fast," which will be Nov. 3rd or 4th this year—depending on when the Imam sees the new moon. Practicing Muslims dress in their finest clothes, adorn their homes with lights and decorations, give treats to children, and enjoy visits with friends and family for Eid al-Fitr.

Please make every attempt to respect the Muslim community and traditions during Ramadan. Since areas such as the Bedrock coffee shop, Burger King, and Pizza Hut are outdoor eating and drinking establishments, you may use them as you normally would; however, please refrain from consuming food and drink, while walking around both inside and outside of Bedrock, during the daylight hours. This of course does not negate the need to stay hydrated. Please be sure to continue drinking water as required.

Please contact the Oasis of Peace chapel office for any spiritual needs: 445-2006.



Chaplain (Lt. Col.) Joseph Vu

Popcorn and a movie at the Oasis Chapel Annex
Sunday Oct. 6, 8:15 p.m.
All are welcome, new friends expected!

Serenity in the sand

faith-based services schedule

Worship is at the 407th Air Expeditionary Group **Oasis of Peace** chapel, unless otherwise noted. The Oasis is open 24 hours a day for prayer and reflection. For details on worship opportunities, or directions to worship locations, please call 445-2006.

FRIDAY

1 p.m., Muslim prayer/
service: (temporarily unav.)
6 p.m., Weekday Mass:
Oasis
6:30 p.m., Jewish Service:
Army Religious Activities
Center (ARAC)
7 p.m., Bible Study: ARAC
7:30 p.m., Gospel choir
rehearsal: Army Post
Chapel (APC)
8 p.m., Alcoholics
Anonymous: ARAC annex

SATURDAY

5:30 p.m., Catholic
Confession: Oasis Office
6 p.m., Catholic Vigil Mass:
Oasis
7 p.m., Kick the Camel (quit
smoking) club: ARAC

SUNDAY

7:30 a.m., Catholic
Confession: Oasis Office;
Traditional Protestant
Service: APC
8 a.m., Roman Catholic
Mass: Oasis; Church of
Christ Service: ARAC
8:30 a.m., Contemporary
Protestant Service:
Sapper Chapel; Sunday
School: APC
9:30 a.m., Traditional
Protestant Service: Oasis
10 a.m., Contemporary
Protestant Service: APC; ,
Latter Day Saints Service:
ARAC
10:30 a.m., Roman
Catholic Mass: Camp
Cedar
1 p.m., Gospel Service:
APC
7 p.m., Contemporary
Worship Service: Oasis

SUNDAY

(CONTINUED)

7:30 p.m., Contemporary
Christian Service: Sapper
Chapel
8 p.m., Alcoholics
Anonymous: ARAC

MONDAY

6 p.m., Weekday Mass:
Oasis
7 p.m., Protestant Bible
Study: Sapper Chapel
7:30 p.m., Discipleship
Bible study/fellowship:
Oasis

TUESDAY

Noon, Alcoholics
Anonymas: ARAC Annex
6 p.m., Weekday Mass:
Oasis
7:30 p.m., Catholic Study:
Oasis Annex; Combat
Bible Study: ARAC

WEDNESDAY

6 p.m., Weekday Mass:
Oasis
7 p.m., Spanish Bible
Study: ARAC; Midweek
Service Discussion: APC
7:30 p.m., Protestant
Evening Service: APC;
Mens Bible Study: APC
7:45 p.m., Alpha Course
Bible Study: Oasis Annex

THURSDAY

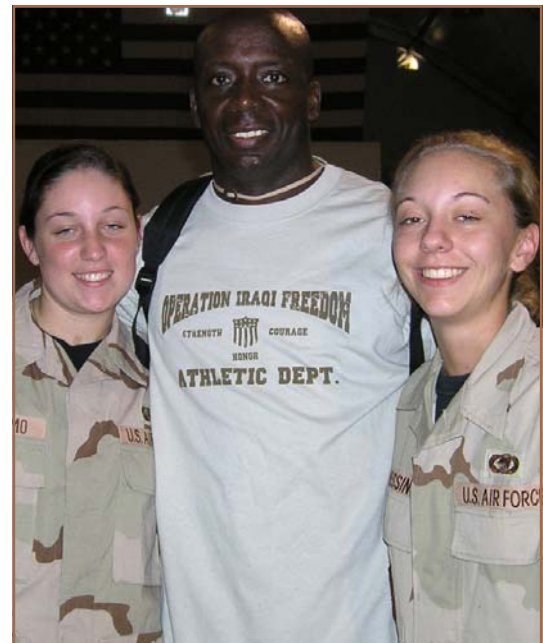
6 p.m., Weekday Mass:
Oasis
6:30 p.m., Ladies Bible
Study: ARAC
7 p.m., Latter Day Saints
Study: ARAC
7:30 p.m., Workmans'
Fellowship: RAC; A Man
and His World Bible
Study: Oasis

Identify This



Do you know what this is?

If you can identify the object, e-mail the paper at Ali.Times@tlab.centaf.af.mil with "Identify This" in the subject block by 3 p.m. Thursday Oct. 6. All correct entries will be placed in a box and three winners will be randomly selected at Combat Bingo (at the Hot Spot) at 7:30 p.m., Friday Oct. 7. Participants do not have to attend bingo to win. The three winners will receive a complimentary T-shirt or coin from the 407th Expeditionary Services Squadron. **The Sept. 23 ID This winners** who correctly identified the step on a military vehicle were Master Sgts. **William Hartlizer** and **Michael Ryan**, MXS, and Tech. Sgt. **Derrick Lock**, FM.



Hamming it up with Tae Bo guru Billy Blanks Sept. 17: Senior Airman Nicole Palermo (left) and Airman 1st Class Barbara Blessing, both from the 407th Expeditionary Services Squadron. Photo by Tech. Sgt. Paul Dean

...Around Base...

Today

4:30 p.m., **Slim in 6, Resist-a-Band:** HOP
 7 p.m., **9-Ball and Halo-2 TNYs:** ARC
 7:30 p.m., **Bingo** and a **movie:** Hot Spot
 8 p.m., **3-point shootout,** Basketball courts
 8 p.m., **Step Aerobics:** HOP
 8:30 p.m., **Absolute Abs:** Muscle Beach

Saturday

5:30 a.m., **Pilates:** HOP
 2:30 p.m., **Pilates:** Muscle Beach (DVD)
 4:30 p.m., **Slim in 6, Resist-a-Band:** HOP
 6:30 p.m., **Advanced Step:** HOP
 7 p.m., **Dominoes TNY:** Hot Spot
 7 p.m., **Latino Night:** Big Top
 7 p.m., **Dominoes and Dart TNYs:** ARC
 8 p.m., **Salsa Lessons:** HOP
 8:30 p.m., **Absolute Abs:** Muscle Beach (DVD)

Sunday

noon, **Tae Kwon Do:** Muscle Beach (I)
 2 p.m., **Nightmare on Elm Street 1:** Big Top
 2:30 p.m., **Yoga:** Muscle Beach (DVD)
 3 p.m., **Spin:** HOP
 4 p.m., **Nightmare on Elm Street 2:** Big Top
 6:30 p.m., **Cardio Mix:** HOP
 7 p.m., **Karaoke:** Big Top

(I)—Instructor; TNY—Tournament; HOP—House of Pain, Army Fitness Center; ARC—Army Recreation Center

Call the 407th Services Squadron with ideas for activities: 445-2696; For information about the House of Pain, Army fitness center: 833-1709; For information about Army morale, welfare and recreation activities: 833-1745.

Times are subject to change.

Monday

5:30 a.m., **Aerobics:** Muscle Beach (DVD)
 4:30 p.m., **Slim in 6, Resist-a-Band:** HOP
 5 p.m., **Tango Soo Do:** Muscle Beach (I)
 6:30 p.m., **Spin:** Muscle Beach (I)
 7 p.m., **Chess Club:** ARC
 8 p.m., **Chess:** Hot Spot
 8 p.m., **Step Aerobics:** HOP

Tuesday

5:30 a.m., **Pilates:** HOP
 6 a.m., **Pump it Up:** Muscle Beach (I)
 2:30 p.m., **Yoga:** Muscle Beach (DVD)
 4:30 p.m., **Slim in 6, Resist-a-Band:** HOP
 6:30 p.m., **Advanced Step:** HOP
 7 p.m., **Ping Pong TNY:** ARC
 8 p.m., **8-Ball:** Hot Spot
 8 p.m., **Spin:** HOP

Wednesday

5:30 a.m., **Aerobics:** Muscle Beach (DVD)
 10 a.m., **Top 3,** Oasis Annex
 2:30 p.m., **Pilates:** Muscle Beach (DVD)
 4:30 p.m., **Slim in 6, Resist-a-Band:** HOP
 5 p.m., **Focus 5, 6:** Oasis Annex
 6:30 p.m., **First Four:** Oasis Annex
 6:30 p.m., **Spin:** Muscle Beach (I)
 8 p.m., **Madden '05:** Hot Spot
 8 p.m., **Step Aerobics:** HOP

Thursday

5:30 a.m., **Pilates:** HOP
 6 a.m., **Pump it Up:** Muscle Beach (I)
 9:30 a.m., **Tae Kwon Do:** Muscle Beach (I)
 3 p.m., **Air Force-Army Enlisted Council,** AEG conference room
 4:30 p.m., **Slim in 6, Resist-a-Band:** HOP
 6:30 p.m., **Cardio mix:** HOP
 7 p.m., **Scrabble TNY:** ARC
 8 p.m., **5-Card Draw:** Hot Spot
 8 p.m., **Spin:** HOP

Cricket Movie Theater at the HOT SPOT

This week at the Cricket

The Time Machine (2002), 1 a.m., 3 p.m., *Alexander Hartdegen, David Filby*, science fiction/fantasy

Juwanna Man (2002), 3 a.m., 5 p.m. *Miguel A. Nunez Jr., Vivica Fox*, comedy

Formula 51 (2001), 5 a.m., 7 p.m. *Samuel L. Jackson, Nigel Whitmey*, action/adventure

Unstoppable (2004), 7 a.m., 9 p.m., *Wesley Snipes, Jackueline Obradors*, action/adventure

Cursed (2005), 9 a.m., 11 p.m., *Potia De Rossi, Mya*, fantasy/horror

Coach Carter (2005), 11 a.m., *Samuel L. Jackson, Rob Brown*, drama

Head of State (2003), 1 p.m., *Chris Rock, Bernie Mac*, comedy

Saturday

Juwanna Man 1 a.m.
 Formula 51 3 a.m.
 Unstoppable 5 a.m.
 Cursed 7 a.m.
 Coach Carter 9 a.m.
 Head of State 11 a.m.
 The Time Machine 1 p.m.
 Juwanna Man 3 p.m.
 Formula 51 5 p.m.
 Unstoppable 7 p.m.
 Cursed 9 p.m.
 The Time Machine ... 11 p.m.

Sunday

Formula 51 1 a.m.
 Unstoppable 3 a.m.
 Cursed 5 a.m.
 Coach Carter 7 a.m.
 Head of State 9 a.m.
 The Time Machine ... 11 a.m.
 Juwanna Man 1 p.m.
 Formula 51 3 p.m.
 Unstoppable 5 p.m.
 Cursed 7 p.m.
 The Time Machine 9 p.m.
 Juwanna Man 11 p.m.

Monday

Unstoppable 1 a.m.
 Cursed 3 a.m.
 Coach Carter 5 a.m.
 Head of State 7 a.m.
 The Time Machine 9 a.m.
 Juwanna Man 11 a.m.
 Formula 51 1 p.m.
 Unstoppable 3 p.m.
 Cursed 5 p.m.
 The Time Machine 7 p.m.
 Juwanna Man 9 p.m.
 Formula 51 11 p.m.

Tuesday

Cursed 1 a.m.
 Coach Carter 3 a.m.
 Head of State 5 a.m.
 The Time Machine 7 a.m.
 Juwanna Man 9 a.m.
 Formula 51 11 a.m.
 Unstoppable 1 p.m.
 Cursed 3 p.m.
 The Time Machine 5 p.m.
 Juwanna Man 7 p.m.
 Formula 51 9 p.m.
 Unstoppable 11 p.m.

Wednesday

Coach Carter 1 a.m.
 Head of State 3 a.m.
 The Time Machine 5 a.m.
 Juwanna Man 7 a.m.
 Formula 51 9 a.m.
 Unstoppable 11 a.m.
 Cursed 1 p.m.
 The Time Machine 3 p.m.
 Juwanna Man 5 p.m.
 Formula 51 7 p.m.
 Unstoppable 9 p.m.
 Cursed 11 p.m.

Thursday

Head of State 1 a.m.
 The Time Machine 3 a.m.
 Juwanna Man 5 a.m.
 Formula 51 7 a.m.
 Unstoppable 9 a.m.
 Cursed 11 a.m.
 The Time Machine 1 p.m.
 Juwanna Man 3 p.m.
 Formula 51 5 p.m.
 Unstoppable 7 p.m.
 Cursed 9 p.m.
 Coach Carter 11 p.m.

Movie times are subject to change.



Air Force Services Presents

SHOOT FOR THE STARS!



October weekly Karaoke winners
can compete to win a chance to
sing with special musical guests
in November 445-2696 for details

Preliminary
Rounds:
Oct. 2
Oct. 9
Oct. 16
Oct. 23

